

## REGISTRATION FORM

Registration fee is \$110 per skater and includes all on ice and off ice sessions (approx. 10 ½ hours total) as listed on this flyer. Registration will be limited to 48 skaters. Deadline is January 18<sup>th</sup>.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

USFSA #: \_\_\_\_\_

Please indicate # of 15-min private lesson(s) you would like to schedule at the rate of \$25/ea and include this amount with your registration fee.

I would like \_\_\_\_\_ private lessons with Mr. Kollen.

### *To be completed by coach:*

Consistent jumps (4 out of 5 attempts), check all that apply:

____ Single loop	____ Single toe
____ Single salchow	____ Single flip
____ Single lutz	____ Single axel
____ Double loop	____ Double toe
____ Double salchow	____ Double flip
____ Double lutz	____ Double axel

Coach's signature: \_\_\_\_\_

Skaters will be grouped into a "low" and "high" group as determined by Mr. Kollen. Each group will be **limited to 24 skaters**. Twin Bays Skating Club members will have first priority until January 11<sup>th</sup>, at that time registration forms will be accepted from others.

If you have any questions, please email Kathy Rodes at: [Kathrodes@aol.com](mailto:Kathrodes@aol.com), or call her at 231-943-9904.

## SPONSORING HOTEL

### CHERRY TREE INN ON THE BEACH

2345 US 31 SOUTH N.

TRAVERSE CITY, MICHIGAN

231-938-8888

800-439-3093

Experience the warmth and ambiance as you step into the world of the Cherry Tree Inn on the Beach. Soft music from the grand piano and the smiling faces of our trained staff greet you. Whether your visit to the Grand Traverse area is for business or pleasure, comfort and service are our reasons for being so make yourself at home. . We are always happy to have you!!

A special room rate of \$69.00/night is available for participants of this clinic. Please mention Twin Bays Skating Club and the clinic when making reservations.



**TWIN BAYS SKATING CLUB**

*Presents:*

**2002**

**PIETER KOLLEN FREESTYLE CLINIC**

*High and Low Freestyle*

*When:*

**January 24, 25 & 26<sup>th</sup>**

*Where:*

**Centre ICE**

**1544 Hammond Road E.**

**Traverse City, Michigan**



**PIETER KOLLEN, Skating Director**  
**Indiana World Skating Academy**

**Credentials:** PSA Master Rated Freestyle,  
Pairs, and Groups

**Coaching Achievements:**  
1995 Junior Men National Champion  
World Competitors in singles, pairs, dance  
Designer of the K-pick® figure skating blade

**Years Coaching:** 36

**Skating Achievements:**  
National Pairs Champion  
Senior Dance Silver Medallist

**Test Achievements:**  
Gold Figures, Freestyle, Pairs, Dance, Free  
Dance

**Additional time will be available to schedule private lessons with Mr. Kollen during our regular club sessions. Please indicate the number of lessons you would like on the registration form. If you are not registered for the sessions, you will be charged our drop-in rate of \$12.00 per session.**

**Thursday, January 24<sup>th</sup>**

- 12:00-12:45**     **Jumping Basics (off ice)–both groups**
- 1:00 – 1:45**     **Spins (high)..... >**
- 1:45 – 2:30**     **Jumps (low) .....>**
- 2:40 – 3:25**     **Spins (low) .....>**
- 3:25 – 4:10**     **Jumps (high) .....>**
- 4:10 – 4:35**     **Power/Speed (low).....>**

**Friday, January 25<sup>th</sup>**

- 12:00 – 12:45**     **“Warm Up” (off ice) - both groups**
- 1:00 – 1:50**     **Jump–Hula Hoop (bring to class)**
- 1:50 – 2:20**     **Spins (high) ..... >**
- 2:20 –2:50**     **Spins (low) .....>**
- 2:50 – 3:40**     **Jumps (high) .....>**
- 3:50 – 4:40**     **Jumps (low).....>**
- 4:40 – 5:20**     **Power/Speed (high).. ..... >**

**Saturday, January 26<sup>th</sup>**

- 8:15 – 9:00**     **Jumping Basics (off ice)–both groups**

**Kathy Baylis-Baker, PT, MA**

The owner of the Pilates Fitness Studio and Center for Body Awareness in Traverse City. Has been a licensed Physical Therapist specializing in Sports Medicine and Orthopedic PT for over 20 years. She is now specializing in Performing Arts Medicine and teaches movement awareness and Pilates at Interlochen Arts Academy. She is a Guild Certified Feldenkrais Practitioner  
**Sarah Besaw, Gold Freestyle & Moves**  
Worked with Mr. Kollen for 6 years at Indiana World Skating Academy. Regional and sectional freestyle competitor. Currently coaches with Twin Bays Skating Club

**OFF ICE SESSIONS:**

**Yoga (low) with Alice Montie, RN**

**Yoga (high) with Alice Montie, RN**

**Nutrition (low) with Gary Cools, CMT,MH, NC, ACS, PhD**

**Nutrition (high) w/ Gary Cools, CMT,MH, NC, ACS, PhD**

**Jumps (high) with Sarah Besaw**

**Pilates (low) with Kathy Baylis-Baker, PT MA**

**Pilates (high) with Kathy Baylis-Baker, PT MA**

**Choreography (high) with Korin Drilling**

**Choreography (low) with Korin Drilling**

**Jumps (low) with Sarah Besaw**

**Gary S. Cools, CMT, MH, NC, ACS, PhD**

Nationally certified medical massage therapist, and has passed his exams for master herbalist. He is certified as a holistic health care professional, and a naturopathic consultant

**Alice Montie, RN**

Has been teaching yoga for 9 years and is certified through the Union Yoga Teach Association. Has studied under Gary Kraftsow, founder of American Viniyoga Institute and author of “Yoga for Wellness.” Has taught yoga to elementary, middle, and high school students throughout the public school system in Leelanau County for 5 years. She was instrumental in the development of the off ice program with Twin Bays Skating Club.

**Korin Drilling**

Owner of the Dance Center and former figure skater.